

# Food Babe's Homemade Organic Oat Milk



Prep Time:	Cook Time:	Total Time:	Serves:
1 hr	0 mins	1 hr	4

<https://foodbabe.com/what-are-the-healthiest-non-dairy-milks-to-drink>

## Ingredients:

- 1 cup rolled oats
- 4 cups filtered water
- 1 date, pitted
- 1 teaspoon pure vanilla extract

## Instructions:

1. Soak rolled oats in a bowl of filtered water for about one hour.
2. Drain the water from the oats and discard this water. Rinse the oats well.
3. Place soaked oats in a blender along with 4 cups filtered water. You can use only 3 cups of water if you'd like a thicker milk. Add the vanilla and date, if using. Blend for one minute.
4. Using a cheesecloth or fine mesh strainer, strain the blended milk into a glass bowl or container.
5. Store in an airtight glass container refrigerated for up to 4 days.

## Notes:

- For less sweetness, use less of the date.
- You can also use the seeds from one vanilla bean instead of the vanilla extract.